



Peanutty Chex® Squares

 Vegetarian  Vegan  Dairy Free

READY IN



75 min.

SERVINGS



36

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup plus light
- 0.5 cup creamy peanut butter
- 6 cups rice chex
- 0.5 cup roasted peanuts salted
- 0.3 cup sugar

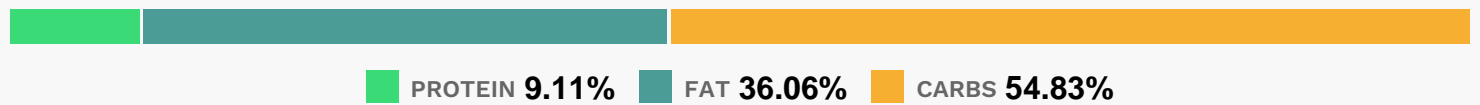
Equipment

- frying pan
- sauce pan

Directions

- Butter 9- or 8-inch square pan.
- In 3-quart saucepan, heat corn syrup and sugar just to boiling over medium heat, stirring constantly.
- Remove from heat.
- Stir in peanut butter. Gently stir in cereal and peanuts until evenly coated. Press firmly in pan.
- Let stand 1 hour. For squares, cut into 6 rows by 6 rows. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:2.86, Glycemic Load:1.75, Inflammation Score:-2, Nutrition Score:3.7478261066844%

Nutrients (% of daily need)

Calories: 68.76kcal (3.44%), Fat: 2.92g (4.5%), Saturated Fat: 0.54g (3.36%), Carbohydrates: 10g (3.33%), Net Carbohydrates: 9.56g (3.48%), Sugar: 5.76g (6.4%), Cholesterol: 0mg (0%), Sodium: 63.51mg (2.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.32%), Manganese: 0.26mg (13.07%), Folate: 38.98µg (9.75%), Iron: 1.61mg (8.93%), Vitamin B3: 1.61mg (8.06%), Vitamin B6: 0.1mg (5.22%), Zinc: 0.78mg (5.19%), Vitamin B1: 0.08mg (5.11%), Vitamin B2: 0.08mg (4.75%), Vitamin B12: 0.25µg (4.19%), Magnesium: 10.86mg (2.71%), Phosphorus: 26.66mg (2.67%), Vitamin E: 0.34mg (2.28%), Calcium: 21.06mg (2.11%), Copper: 0.04mg (2.01%), Fiber: 0.44g (1.77%), Selenium: 1.22µg (1.75%), Vitamin A: 83.34IU (1.67%), Vitamin B5: 0.13mg (1.32%), Potassium: 44.48mg (1.27%), Vitamin C: 1mg (1.21%), Vitamin D: 0.17µg (1.11%)